

Parent Information
School Age Children

Sore Throat



Your child has a red, sore throat.

Here are some things you can do at home to help your child feel better:

Have your child drink at least eight glasses (8 ounces each) of liquids like apple juice, grape juice, or water each day. Sipping warm broth can also soothe the throat.

Do not give your child citrus juices (orange juice, grapefruit juice) or salty soups. They may sting your child's sore throat.

Do NOT use aspirin.

Acetaminophen, such as Tylenol™, Tempra™ or generic brands, or Ibuprofen, such as Advil™, Motrin™, or generic brands, may help your child feel better.

Follow the directions on the medicine label for how much medicine to give and how often it can be given. Do not give your child more medicine than the directions tell you unless your child's health care provider says it is okay. Too much medicine can be harmful.

Saltwater gargles (8 ounces warm water to 1 teaspoon salt) used two to three times a day may help. Be sure your child spits out the salt water after gargling.

Sucking on popsicles and ice chips several times a day can help keep the throat moist.

See your child's doctor or nurse practitioner if your child:

- Does not get better in five days
- Has a temperature that is 101° F or higher by mouth or 100° F or higher under the arm
- Has sores in his or her mouth
- Acts like he or she feels very bad

Brand names used in this document are only meant to be examples. DHEC does not endorse any of the brand names in this document.

Children with certain types of sore throats should be excluded from school or child care, until they have received treatment. An example is a child with strep throat (Streptococcal pharyngitis).

For additional information about exclusion when a child has a sore throat or fever, see the DHEC Child Care and School Exclusion Lists of Contagious or Communicable Diseases at <http://www.scdhec.gov/health/disease/exclusion.htm>

Child's Name _____

School Nurse _____

Date _____

School _____

School Phone Number (_____) _____



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<http://www.scdhec.gov/health/mch/wcs>